



## Diabetes Prevention & Control Program

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- **February is Heart Month:** From the American Heart Association: Diabetes is a major risk factor for stroke and heart disease. Compared to those without diabetes, individuals with diabetes have two to four times higher death rates from heart disease. Many people with diabetes also have high blood pressure and high blood cholesterol. This increases their risk even more. Make it your mission to fight heart disease by preventing or managing diabetes. Learn more about diabetes and heart disease at [heart.org](http://heart.org).
- **Wear Red Day - February 3:** The American Heart Association encourages you to support the fight against heart disease in women by wearing red on the first Friday in February or any day of the year.
- **Changes and Challenges in Diabetes 2012:** The conference has been scheduled for April 24-25 in Rapid City at the Ramkota Hotel. More details to come.
- **Save the Date!** The SD Diabetes Coalition Spring Partner's Conference has been scheduled for April 11 at Cedar Shore Resort in Oacoma.
- **Exercise: Prescription for Health Challenge.** A web-based physical activity healthy challenge running January 15-February 29 has started. Participants can still sign-up by going to the link at [www.HealthySD.gov](http://www.HealthySD.gov).

### Resources

**ADA Standards:** The January 2012 [Diabetes Care Supplement](#) contains the latest update of ADA's major position statement, "Standards of Medical Care in Diabetes," which contains the Association's key recommendations for diabetes care, along with selected position statements.

**CDC Clinical Reminder:** The CDC has become increasingly aware of reports of improper use of insulin pens, which places individuals at risk of infection with pathogens including hepatitis and HIV. Regurgitation of blood into the insulin cartridge can occur after injection creating a risk of bloodborne pathogen transmission if the pen is used on more than one person, even when the needle is changed. See additional information on assuring safe care during blood glucose monitoring and insulin administration from CDC ([link](#)).

**SD Diabetes Coalition Website Launched:** The SDDC has a new website located at [www.sdddiabetescoalition.org](http://www.sdddiabetescoalition.org).

### Articles

#### Public Health Win in Diabetes

**Amputations:** The US Centers for Disease Control and Prevention (CDC) reported a 65% decrease in leg and foot amputations among patients with diabetes who are 40 years or older in the journal *Diabetes Care*. Such diabetes-related amputations declined from a rate of 11.2 per 1000 patients with diabetes in 1996 to 3.9 per 1000 in 2008, according to the CDC ([link](#)).

#### CDC Study Estimates Preventing Diabetes Can Save Billions

Preventing type 2 diabetes through community-based lifestyle change programs will provide significant cost savings to the U.S. health care system, according to a new CDC study published by Division of Diabetes Translation (DDT) researchers in the January/February issue of *Health Affairs* ([link](#)). Using a simulation model, the authors estimated that within 25 years, such a program could prevent or delay the onset of about 885,000 cases of type 2 diabetes and save the U.S. health care system an estimated \$5.7 billion.